



ACTIVE COMMUNITIES & HEALTH TEAM NEWSLETTER Summer 2020

With the challenging times currently facing everyone due to COVID-19, here is an update on the support and advice currently available and a few things for us to look forward to.

Summer Activities 2020 Cancelled

This year's summer activities for schoolchildren in South Derbyshire have been cancelled due to social distancing restrictions. The scheme was due to take place between the 27 July and 28 August and would have offered over 100 sessions across the District.

Councillor Dan Pegg, Chair of Active South Derbyshire, said: "It is with real sadness that we have made the decision to cancel this year's Summer Playscheme.

"I know it is very popular with children from across South Derbyshire and we looked at all the options before very reluctantly reaching the conclusion that it wasn't possible to deliver the activities while following social distancing guidelines.

"I hope that children in South Derbyshire will continue to remain active this summer while continuing to remain safe and socially distanced."

The South Derbyshire Summer Playschemes have been running for well over a decade and are a very popular service, with over 6,000 young people attending sessions each year, which are delivered with funding from Parish Councils and the South Derbyshire Community Safety Partnership.

Active South Derbyshire plans to reschedule a number of these cancelled sessions, once restrictions are lifted, on evenings, weekends and during half term holidays.

To keep up to date with our service and any future sessions, check the Active South Derbyshire Facebook page: @ActiveSouthDerbyshire.



Sport England – Community Emergency Fund

In our Spring 2020 newsletter, we brought news of Sport England's Community Emergency Fund, to help clubs with any ongoing expenses whilst income has been significantly reduced or halted due to COVID-19.

We had 23 clubs from across the district successfully apply into this fund, receiving over £71,000 to support and sustain the provision of physical activity in South Derbyshire post COVID-19.

Derbyshire Summer Staycation

Active Derbyshire have released Derbyshire Summer Staycation, which is a set of resources aimed at providing children and their families with a series of ideas to help them to stay active over the Summer. The activities start at home and thereafter are focused on exploring the outdoors in your local area. There's an appendix at the end for children to record what they've done over the summer in a diary format.

Children and young people should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. Please adhere to government guidelines relating to COVID-19 while undertaking any activities.

To download the resource click [HERE](#).





S.A.I.L Project

The Active Communities and Health Team have been successful in obtaining funding through the Better Care Fund to pilot a new project called S.A.I.L (Staying Active and Independent for Longer).

The aim of the project is to help South Derbyshire residents to remain in their homes for longer and to lead healthier and more active lives in later life. One way in which this pilot sets out to achieve this is through facilitating the delivery of activities such as walking, tai chi, chair-based exercise, cycling, Nordic walking and many more.

By listening to residents and working alongside sheltered housing officers, the pilot will aim to provide services that are tailored towards the needs of local people, ensuring that services are sustainable and meaningful. A key role of the SAIL coordinator will be to explore the potential barriers to older people participating in activities or leading active lives.

We are excited to announce that we have now recruited into the post of SAIL Coordinator and the successful candidate aims to be in post by early September 2020. An update on the pilot and our new coordinator will be provided in the next edition of the newsletter so watch this space.

Active at Home Booklet

Active Derbyshire have developed a booklet to support older people and those who have been shielding, to stay active and healthy at home.

This is part of the Sport England Join the Movement campaign designed to provide inspiration and trusted information to the public about how to get active in and around the home during the coronavirus pandemic.

An electronic copy of booklet can be downloaded [HERE](#).





Secondary Transition Sessions

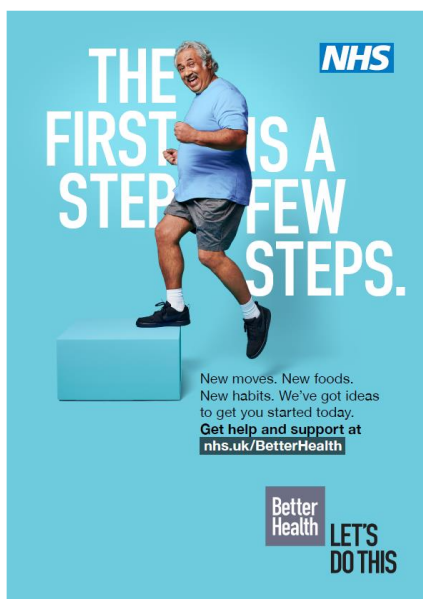
With the unfortunate cancellation of this years Summer Activities, we have had the capacity to work in partnership with Active Derbyshire, The Pingle Academy and William Allitt School through Community Use of Schools funding.

Along with the many disruptions caused by COVID-19, year 6 students have missed out on transition sessions at their pending secondary schools. To combat this, we have been able to offer 225 year 6 students the opportunity to attend their new school for a three hour session in which they meet school staff, have an external tour of the school site, participate in fun and engaging activities and leave with a packed lunch and activity bag containing equipment such as cones, balls, skipping rope and drawing equipment.

Better Health

COVID-19 has affected the whole country; for almost everyone, life has had to fundamentally change. It has prompted many people to reflect and think more seriously about their health. What's more, people have been surprised by how able they have been to change their behaviour, with lockdown showing many that they are able to make and sustain changes to their lives.

The Government's Better Health campaign will kick off by supporting individuals on their weight loss journey, with access to free apps, the promotion of national campaigns and access to online physical activity content. For further information please visit www.nhs.uk/betterhealth



Start your journey to better health

Download the free NHS weight loss plan to help you start healthier eating habits, be more active and start losing weight.

The plan is broken down into 12 weeks so you can:

- set weight loss goals
- use the BMI calculator to customise your plan
- plan your meals
- make healthier food choices
- get more active and burn more calories
- record your activity and progress

Don't worry, the app makes it easy for you - just take it one week at a time. Let's make "one day" today!

Download on the App Store | GET IT ON Google Play



Get Active in the Forest Update

Throughout lockdown, Get Active in the Forest has been focusing on encouraging people to stay as active as possible, delivering weekly virtual Nordic Walks, and encouraging the volunteers and walkers to stay in touch with each other and keep sharing reports of the walks they have been on. We have also been sharing information about paths and routes that people can do locally.

However, now we are excited to be able to start planning the reopening of our walks and activities. At the moment, we are working on all the safety aspects of setting up the walks and activities for groups of a maximum of 30, including instructors/walk leaders. We are working with other district coordinators to ensure a best practice approach across the County. We are aiming to start as many walks as we can from Monday 7th September.



We are continuing to provide support to those volunteers who don't feel confident enough yet to return to leading groups, or who can't for health reasons, and encouraging people to keep exercising on their own or with small groups of friends until our activities are back up and running.



National Forest Walking Festival 2021

Plans are already underway for the National Forest Walking Festival 2021. The Walking Festival had to be cancelled for 2020 due to the Pandemic, so everyone involved is looking forward to it in 2021. There were 118 walks and activities that were unable to take place this year. So that all the hard work and planning for it hasn't gone completely to waste, we have asked the groups involved if they are able to move their event from this year directly into next year's timetable, and already over 50% have confirmed their ability to do so.

With the bulk of the walking festival already starting to take shape, even at this very early stage, it provides plenty of time for new groups and new opportunities to be sought for the event for 2021. It's certain to be better than ever!



Teddy Trails

If you are looking for something to keep the little ones occupied over the summer holidays, you can join Bertie the Bear on his Teddy walks across South Derbyshire! Discover and explore the wide range of parks and woodlands that we have on our very own doorsteps in South Derbyshire by clicking [HERE](#) to download Bertie's trails.






ACTIVE SCHOOLS PARTNERSHIP A PE & SCHOOL SPORT UPDATE

“Making a difference to young people through Physical Education, School Sport & Physical Activity”

 [SouthDerbysASP](https://www.facebook.com/SouthDerbysASP)

 [@SouthDerbysASP](https://twitter.com/SouthDerbysASP)

The Active Schools Partnership has continued to adapt with the testing times COVID-19 has brought. Since lockdown, we have continued to advocate physical activity in schools and support them with providing resources to ensure children remain active whether they we're in school or learning from home. As schools began to re-open to select year groups, our coaching team has delivered tailored and COVID safe sport and activity throughout the day. With the government guidelines forever changing, the ASP continues to plan for all eventualities with the proposed return to school in September, with keeping young people active at the forefront of our work.

 **Were also now on Facebook!** The ASP continues to find ways to promote the work we do and share resources, ideas and tips to keeping active and healthy. Simply search 'South Derbyshire Active Schools Partnership' on Facebook and give us a 'like'!



#StayHomeStayActive resources provide endless ideas to keep active at home

The Derbyshire School Games Organiser (SGO) network came together immediately following notice of school closures at the end of March, to create a themed weekly resource filled with activities to help support schools, to assist parents and carers to maintain an active routine for children and young people whilst at home or when socially distancing in essential care. The weekly sport themed resource, using sports such as Cricket, Football and Boccia, provided 2 inclusive activities each day using minimal equipment and suggesting equipment compromises using everyday home items, aimed at both Key Stage 2 and Secondary children.





VIRTUAL SCHOOL GAMES CHAMPIONSHIP


- 1 ETWALL PRIMARY SCHOOL**
- 2 HEATH FIELDS PRIMARY SCHOOL**
- 3 SPRINGFIELD JUNIOR SCHOOL**

WELL DONE ALSO TO....

NEWHALL JUNIOR SCHOOL, ELMSLEIGH INFANT SCHOOL, FAIRMEADOWS FOUNDATION PRIMARY SCHOOL, PENNINE WAY JUNIOR ACADEMY, ST. EDWARDS CATHOLIC ACADEMY, STANTON PRIMARY SCHOOL, SUDBURY PRIMARY SCHOOL


South Derbyshire Virtual School Games Championship

During the penultimate week of the academic year, schools had the chance to take part in a week of virtual competitions. The summer term naturally being the ASP's busiest time of the year, filled with multiple competitions each week, which were unfortunately cancelled as a result of school closures. With schools initially using the #StayHomeStayActive resources to keep their children active, we then devised a week of 5 different competitions which can be done at home and in school, compliant with social distancing. Schools were rewarded for engaging as many children as possible to help their position in a participating school league table (*results displayed to the left*).



Embracing the cultural element of sport: designing a winner's medal

In addition to the virtual school games championship, children also had the opportunity to design a winner's medal, with the brief of capturing what school competition and sport means to them. With over 50 entries received, medal designs varied from embracing the Olympic ring colours, to using inspirational words associated with competitive sport.

 **Winning Design: Riley E, Year 3 from Pennine Way Junior Academy**

MONDAY- Athletics

The Speed Bounce

You will need:

- Clear outdoor space on a flat and stable surface
- A line, made up of chalk or a piece of rope
- Timer, either stopwatch or phone

Set up:

- On the designated space, mark the jumping line out
- If using rope, ensure it is secured so you cant slip on it

In 60 seconds, you will need to:

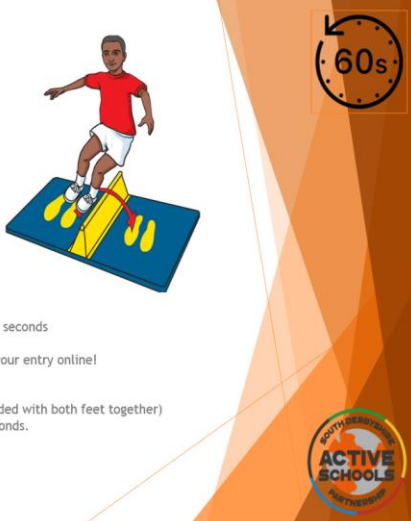

- Keep both feet together
- Jump over the line, side to side, as many times within 60 seconds
- You must take off and land with both feet
- Count how many jumps you have completed and submit your entry online!

Rules:

- Staggered jumps (i.e. jumps where you have not taken off or landed with both feet together) do not count! Please disregard these from your total after 60 seconds.

Entry deadline - Monday 6th July, 9pm

<https://www.smartsurvey.co.uk/s/monday-athletics/>

One of the virtual competitions for the Primary SG Championship



Winning medal design

